

SEPTEMBER 2022 @SIMEI



2012 - 2022
10 Years
Promoting
Happier &
Healthier Living



SUPPORTED BY MOH AND AIC

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 9-10am Fitness Exercise 健身运动 L1 10.30-11.30am Chair Exercise 椅子运动 L1 3-5pm Rumio/Mahjong 麻将 L1	2 2-4pm Watercolour Painting 水彩绘画课程 L1	3 10am-3pm Art of Planting 种植艺术课程 L1
4	5 9-10am HPB Taichi 太级 9.30-10.30am Yoga 瑜伽 L1 10.45-11.45am Yoga2 瑜伽2 L8 3-5pm Bingo L1	6 10am-12noon Art of Print-Making L1 1-2pm Chair Exercise 椅子运动 L1 3-5pm Rumio/Mahjong 麻将 L1 6.45-9.15pm Mindfulness Based Cognitive Therapy L4	7 9-10am Low Impact Exercise 低强度运动 L1 9.30am-1pm Community Nurse Post 1-3pm Weave a Coaster Workshop L1 3-5pm Ramio/Mahjong 麻将 L1	8 9-10am Fitness Exercise 健身运动 L2 10.30-11.30am Chair Exercise 椅子运动 L2 1-3pm Weave a Coaster Workshop L2 3-5pm Rumio/Mahjong 麻将 L2	9 2-4pm Watercolour Painting 水彩绘画课程 L2	10 10am-3pm Art of Planting 种植艺术课程 L2
11	12 9-10am HPB Taichi 太级 9.30-10.30am Yoga 瑜伽 L2 10.45-11.45am Yoga2 瑜伽2 L1 3-5pm Bingo L2	13 10am-12noon Art of Print-Making L2 1-2pm Chair Exercise 椅子运动 L2 3-5pm Rumio/Mahjong 麻将 L2 6.45-9.15pm Mindfulness Based Cognitive Therapy L5	14 9-10am Low Impact Exercise 低强度运动 L2 9.30am-1pm Community Nurse Post 3-5pm Ramio/Mahjong 麻将 L2	15 9-10am Fitness Exercise 健身运动 L3 10.30-11.30am Chair Exercise 椅子运动 L3 3-5pm Rumio/Mahjong 麻将 L3	16 2-4pm Watercolour Painting 水彩绘画课程 L3	17 10am-3pm Art of Planting 种植艺术课程 L3
18	19 9-10am HPB Taichi 太级 9.30-10.30am Yoga 瑜伽 L3 10.45-11.45am Yoga2 瑜伽2 L2 3-5pm Bingo L3	20 10am-12noon Art of Print-Making L3 1-2pm Chair Exercise 椅子运动 L3 3-5pm Rumio/Mahjong 麻将 L3 6.45-9.15pm Mindfulness Based Cognitive Therapy L6	21 9-10am Low Impact Exercise 低强度运动 L3 9.30am-1pm Community Nurse Post 3-5pm Ramio/Mahjong 麻将 L3	22 9-10am Fitness Exercise 健身运动 L4 10.30-11.30am Chair Exercise 椅子运动 L4 3-5pm Rumio/Mahjong 麻将 L4	23 2-4pm Watercolour Painting 水彩绘画课程 L4	24 10am-3pm Art of Planting 种植艺术课程 L4
25	26 9-10am HPB Taichi 太级 9.30-10.30am Yoga 瑜伽 L4 10.45-11.45am Yoga2 瑜伽2 L3 3-5pm Bingo L4 12noon-2pm Watercolour Painting 水彩绘画课程 L1	27 10am-12noon Art of Print-Making L4 1-2pm Chair Exercise 椅子运动 L4 3-5pm Rumio/Mahjong 麻将 L4 6.45-9.15pm Mindfulness Based Cognitive Therapy L7	28 9-10am Low Impact Exercise 低强度运动 L4 9.30am-1pm Community Nurse Post 3-5pm Ramio/Mahjong 麻将 L4	29 9-10am Fitness Exercise 健身运动 L5 10.30-11.30am Chair Exercise 椅子运动 L5 3-5pm Rumio/Mahjong 麻将 L5	30 2-4pm Watercolour Painting 水彩绘画课程 L5	